



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



AGENCY FOR HEALTHCARE
RESEARCH AND QUALITY



Administration on Aging
ADMINISTRATION
ON AGING

and the Centers for Disease Control and Prevention, the National Institute on Aging, and
the Centers for Medicare and Medicaid Services

Present

Evidence-Based Disability and Disease Prevention for Elders: Translating Research into Community-Based Programs

A Workshop for State and Local Teams

*Sheraton Midtown Atlanta Hotel at Colony Square
Atlanta, Georgia
February 14-16, 2006*

Tuesday, February 14, 2006

Registration: 2:00 p.m. – 3:00 p.m.

Session 1: **Welcome, Workshop Overview and Introductions**

Date and time: Tuesday, February 14, 3:00 p.m. – 4:00 p.m.

Presenters: Christine G. Williams, M.Ed.
Director
Office of Communications and Knowledge Transfer
Agency for Healthcare Research and Quality (AHRQ)
U.S. Department of Health and Human Services
Rockville, MD

John Wren
Deputy Assistant Secretary for Management
Administration on Aging (AoA)
U.S. Department of Health and Human Services
Washington, DC

Robert L. Mollica, Ed.D.
Senior Program Director
National Academy for State Health Policy
Portland, ME

Content: This session will review the workshop objectives and agenda. Each team leader will introduce his/her delegation and describe the kinds of changes or initiatives they hope to pursue following the workshop to advance evidence-based policies and programs.

Session 2: **Setting the Stage: Evidence-based practice – Why Should We Care? And How Much Is Enough?**

Date and time: Tuesday, February 14, 4:15 p.m. – 5:45 p.m.

Presenters: Lynda A. Anderson, Ph.D.
Senior Health Scientist and
Acting Chief, Health Care and Aging Studies
Division of Adult and Community Health
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention (CDC)
U.S. Department of Health and Human Services
Atlanta, GA

Tricia L. Trinité, M.S.P.H., APRN
Director, Prevention Implementation
Center for Primary Care, Prevention and Clinical Partnerships
Agency for Healthcare Research & Quality
U.S. Department of Health and Human Services
Rockville, MD

Content: This session will set the stage for evidence-based practice and the sessions that follow. They will introduce the concept of evidence-based practice in health promotion and disease prevention and discuss the types and levels of evidence policymakers, organizations, and practitioners would benefit from before deciding to implement a program. They will also explore the potential implications for program evaluation.

Reception: 6:00 p.m. – 7:00 p.m.
Dinner: 7:00 – 8:30 p.m.

Session 3: **Dinner Presentation: Testimony on Putting Research into Action**

Date and time: Tuesday, February 14, 7:45 p.m. – 8:30 p.m.

Speakers: Maria Greene,
Director
Georgia Division of Aging Services
Atlanta, GA

Mary Altpeter, Ph.D., M.S.W., M.P.A.
Associate Director for Program Development
Institute on Aging
University of North Carolina
Chapel Hill, NC

Content: A representative from the Institute on Aging at the University of North Carolina will describe how the North Carolina team used their experience at last year's workshop as a spring board for using evidence to strengthen current programs and structure new initiatives.

(Team members will be asked to sit together over dinner to discuss their reactions to the initial workshop presentations. Members of the workshop faculty will serve as resource persons.)

Wednesday, February 15, 2006

Continental Breakfast: 7:30 a.m. – 8:30 am

Session 4: Planning Model for Developing Local Programs

Date and Time: Wednesday, February 15, 8:30 a.m. – 9:30 am

Presenter: Nancy Whitelaw, Ph.D.
Director, Center for Healthy Aging
National Council on the Aging
Washington, DC

Content: Dr. Whitelaw will discuss the importance of examining community or regional epidemiological data to identify populations at risk and presents the RE-AIM model for designing, planning and evaluating programs to reduce risk at the community level. RE-AIM stands for reach, efficacy/effectiveness, adoption, implementation and maintenance

Session 5: State Team Meetings

Date and Time: Wednesday, February 15, 9:30 a.m. – 10:30 am

Content: Team members will discuss one or more possible ways to apply evidence in their work and begin to create an action plan using a basic program planning framework. Workshop faculty members will be assigned to state teams to serve as resource persons

Session 6: Program Planning Case Studies: Reducing Falls, and Improving Patient Self-Management

Date and Time: Wednesday, February 15, 10:45 a.m. – 12:15 p.m.

Presenters: Kate Lorig, R.N., Dr.P.H.
Director, Stanford Patient Education Research Center
Stanford University School of Medicine
Palo Alto, CA

Expert on falls prevention TBD

Content: Appropriate information and technology can help consumers reduce risk, manage chronic conditions and improve their health status while decreasing utilization of health care resources. During this session the pathway from clinical trials and cost effectiveness to implementation and the importance of a "business plan" to weave the evidence into practice will be discussed. One speaker will discuss approaches for preventing falls among the

elderly. The other speaker will review the Stanford Chronic Disease Self-Management Program as an approach for training chronically ill persons to monitor their conditions and care for themselves.

Lunch: **Peer Group Discussions over Lunch**

Date and Time: **Wednesday, February 15, 12:15 p.m. – 1:30 p.m.**

Content: Over lunch, participants will meet in small groups with peers from other states to have similar job responsibilities to share ideas and discuss the concepts and programs presented so far in the workshop.

Session 7: **Using Evidence to Develop Physical Activity Programs**

Date and Time: Wednesday, February 15, 1:30 p.m. – 3:00 p.m.

Presenter: David M. Buchner, M.D.
Chief, Division of Nutrition and Physical Activity
Centers for Disease Control and Prevention
U.S. Department of Health and Human Services
Atlanta, GA

Content: While there are many different physical activity programs being offered in the community, programs can be characterized by their essential components. The essential elements of behaviorally based physical activity programs will be presented. Criterion for selection of evidence-based programs will be highlighted, and characteristics of these programs will be reviewed.

Session 8: **Comprehensive Promotion and Prevention Campaigns**

Date and Time: Wednesday, February 15, 3:30 p.m. – 5:00 p.m.

Presenters: Pamela Piering
Director, Aging and Disability Services
Human Services Department
City of Seattle
Seattle, WA

Elizabeth Phelan, M.D., M.S. (*invited*)
Assistant Professor, Gerontology and Geriatric Medicine
Harborview Medical Center
University of Washington
Seattle, WA

Content: Working closely with the Healthy Aging Network partner, the Seattle Human Services Department has created a vision for developing thematic, evidence-based programs to promote “Healthy Aging.” During this session a comprehensive plan to redesign and market programs to promote disease prevention and healthy lifestyles and its partnership with the Healthy Aging Network will be discussed along with the role and activity of CDC’s Healthy Aging Network.

Thursday, February 16, 2006

Continental Breakfast: 7:00 a.m. – 8:00 am

Session 9: Sustaining Local Programs

Date and Time: Thursday, February 16, 8:00 a.m. – 9:00 a.m.

Presenter: Nancy Whitelaw, Ph.D.
Director, Center for Healthy Aging
National Council on the Aging
Washington, DC

Content: A major challenge to the development of evidence-based programs is sustaining their operation over time. During this session, the presenter will distinguish different definitions of sustainability and review what is known about the characteristics of organizations that successfully sustain new initiatives (e.g., leadership, financing, organization structure, governance, marketing, and evaluation/research). Participants will be asked to share their own ideas about what communities can do to plan for the sustainability of new programs.

Session 10: Improving the Use of Clinical Preventive Services and Linking Medical and Social Services for the Elderly

Date and Time: Thursday, February 16, 9:15 a.m. – 10:45 a.m.

Presenters: Tricia Trinité, AHRQ

Douglas Shenson, M.D., M.P.H.
President
SPARC (Sickness Prevention Achieved through Regional Collaboration)
Newton, Mass.

Content: There is a growing awareness of the need to integrate clinical practice and community-level social services for the elderly. Dr. Trinité will discuss recent work of the U.S. Preventive Services Task Force and outline a five-step approach to health behavior counseling built on a provider assessment, personalized advice, an agreement on goals to be achieved the elder, assistance reaching the goals and arranging follow up care or visits. Dr. Shenson will describe the Sickness Prevention Achieved through Regional Collaboration (SPARC) model developed to link practitioners and local organizations to improve access to preventive services. SPARC seeks to “fill the gaps” by creating new points of contact for preventive services, bundling services, assuring community-wide access to vaccine supplies, and helping physicians avoid missed opportunities in caring for the elderly.

Session 11: State Team Meetings and Working Lunch

Date and Time: Thursday, February 16, 11:00 a.m. – 1:00 noon

Content: Participants will meet with their state teams to continue developing their project plans. They will select one member to present the team's plan and next steps at the end of the workshop.

Session 12: State Reports: Action Steps and Take-Away Messages

Date and Time: Thursday, February 16, 1:00 p.m. – 2:00 p.m.

Moderator: Robert Mollica, NASHP

Content: Each state team will be asked to present highlights from their emerging project plan, focusing on major actions steps, where they can apply evidence explicitly, and other take-away messages from the workshop. States will also be asked to identify what kinds of technical assistance would be most useful to them in advancing these projects, should resources emerge to provide these supports.

Session 13: Concluding Comments and Workshop Evaluation

Date and Time: Thursday, February 16, 2:00 p.m. – 2:15 p.m.

Content: The workshop sponsors will have an opportunity to make concluding comments. Participants will be asked to complete a final workshop evaluation.